

Orange-Banana Smoothie

A refreshing quick breakfast or light snack on a warm day, with a good dose of vitamin C.

Ingredients:

- 1 cup orange juice
- 1 small, ripe banana
- 1/4 cup instant non-fat milk powder
- 1/2 cup ice cubes
- 1/4 cup club soda

In blender, process orange juice, banana, milk powder and ice cubes until mixture is thick and ice cubes are crushed. Add club soda, stir and serve immediately.

Makes 2 servings

Nutritional information per serving:

Calories 130

Fat .5 g

Protein 4 g

Carbs 27 g

Fiber 2 g

Sodium 55 mg

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